PLANT FACT SHEET

Anchusa arvensis (L.) M. Bieb.

GENUS *Anchusa* **FAMILY** Boraginaceae

COMMON NAMES Rough-leaved borage

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are often cooked with barley.

DESCRIPTION

A herb. It grows each year from seed.

HABITAT

It is a Mediterranean plant.

REFERENCES

Luczaj et al, 2013, Wild vegetable mixes sold in the markets of Dalmatia (southern Croatia). Journal of Ethnobiology and Ethnomedicine. 8:2

Luczaj, L. et al, 2014, Wild Food Plants of Dalmatia (Croatia). in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans, p 138

Lukasz, L., 2016, Wild Edible Plants Traditionally Used in Poland.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dd3eb7e4-fa7b-464b-99d5-654460e0922c